



# THE BAIN CENTER



**It's a great day in the Bain Neighborhood!**

**SeniorsTogether in Partnership with the Bain Center brings a new and exciting program.**

*"Sharing the Arts"*



L. Ann Benjamin, Facilitator and Karen Hull, Mental Health Coordinator

**5470 Ruth Keeton Way**

**Columbia, MD 21044**

**Office: 410-313-7213**

**Fax: 410-313-7465**

**Senior Center Hours**

**Monday— Wednesday**

**8:30 am—4:30 pm**

**Thursday, 8:30 am—8:30 pm**

**Friday, 8:30 am—4:30 pm**

**Website:**

**[www.howardcountyaging.org](http://www.howardcountyaging.org)**

## Look Inside

Bain Staff	Page 2
Bain Council	Page 2
Daily Activities	Pages 3-7
Health & Wellness	Pages 8-9
Nov./Dec. Programs	Pages 10-11
SHIP	Page 12
Recreation & Parks	Page 13
SeniorsTogether	Page 14
Lunch Menu	Page 15
Closings & Info.	Page 16

Enjoying the Creative Arts Discussion Group, part of the SeniorsTogether program, takes a closer look and encourages members to think a little deeper about many forms of art. The group provides opportunities to meet and talk with art professors from local colleges and trained docents from national museums, to attend performances at local theatre, and to engage in thought provoking discussions. The group meets at the Bain Center on Fridays, 1— 2:30 pm from October to December, and will restart in the spring for a second series. Space is limited and pre-registration is required. For more information contact Elaine Widom, 410.313.7353 or [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov) or Karen Hull, 410-313 7466 or email at [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov).

## SENIOR CENTER STAFF

Linda Jackson Ethridge, Director, 410-313-7468  
 Tammy Wiggins, Assistant Director, 410-313-7469  
 Fatina Galloway, Nutrition/Rentals, 410-313-7390  
 Deborah Spittel, Registrar, 410-313-7213  
 Wendell Porter, Facilities, 410-313-7464  
 Al Karimian, Building Attendant, 410-313-7213

## HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort, 410-313-7461  
 Elaine Widom, SeniorsTogether, 410-313-7353

## STATE HEALTH INSURANCE PROGRAM

Barbara Albert, Coordinator, 410-313-7391  
 Bunny Garber, 410-313-7389  
 Jeanette Krapcho, 410-313-7596  
 Terese Klitenic, Coordinator, SMP, 410-313-7386

## MARYLAND ACCESS POINT

Ginny Matthias, 410-313-7288  
 Sunny Moon, 410-313-7388

## RECREATION AND PARKS

Cathy Vigus, Senior Adult Programs, 410-313-7311  
 Ginny Russ, Trips and Tours, 410-313-7279

### Get Your Bain Newsletter Electronically!

Sign up at the front desk to be added to our Email Distribution List. Stay informed on upcoming program information.

### Please Sign In!

It will only take a moment. Use the sign-in book on the podiums by each entrance. We request that everyone signs in. Our average daily attendance helps us measure our good work in the community.



## The Bain Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! They welcome your suggestions and contributions. Contact **Peter Eisenhut, Council President**, or any Council member through the front desk.

Al Bracey  
 Valerie Brasswell  
 Jackie Dunphy  
 Jeane Evans  
 Peter Eisenhut  
 Valerie Hoelz  
 Jim McDiarmid  
 Su Patterson  
 Priscilla Pitts  
 Jean Salked  
 Arleen Tate  
 Malcolm Wolf  
 Barbara Woodard  
 Albertha Workman

The Bain Council generously sponsors a nutritious Continental Breakfast. Your support of council events make this breakfast and many of our programs possible.

### Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain Center, at 410-313-7213 or by email at [lethridge@howardcountymd.gov](mailto:lethridge@howardcountymd.gov) one week prior to the date of the event.



Find us on Facebook  
[www.facebook.com/HoCoCitizen](http://www.facebook.com/HoCoCitizen)

# Daily Programs

3.

MONDAY	PROGRAM	ROOM
8:30 am -4:15 pm	Billiards / Ping Pong (Drop-In)	Billiard Room / Billiards Area
8:30 am -Noon	Wood Working	Woodshop
9 am -4:15 pm	Cards and Games (Drop-In)	Pantry
9 am -4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9-10 am	Ask the Pharmacist (Last Monday of month)	Health Room
9 am -Noon	Project Linus (2nd & 4th week)	Great Room 1
9 am -Noon	Knitting and Crocheting Group	Meeting Room
9:30-11 am	Better Health and Wellness (HCC)	Exercise Room
10-11:30 am	SeniorsTogether Current Events Discussion	Community Room
11:15 am -Noon	Tai Chi (Drop-In)	Great Room 2
11:30am-12:30pm	Parkinson's—Cardio Fusion	Exercise Room
Noon	Lunch	Great Room 3
12:30-3:30 pm	Korean American Senior Association	Great Rooms 1 & 2 / Community Room
1-2:30 pm	Religion Discussion Group (Drop-In)	Meeting Room
1-2 pm	Better Balance—Stroke Exercise	Exercise Room
1-4 pm	Canasta (Drop-In)	Activity Room
1-4 pm	Gathering of the Arts! (Drop-In)	Craft Room
2:30-3:30 pm	Yoga	Exercise Room

## AKA Coat Day & Clothing Drive Saturday, November 1 10 am—12 noon



Please join the Alpha Kappa Alpha Sorority, Incorporated—Iota Lambda Omega Chapter for their Annual Coat Drive in partnership with The Bain Center, Howard County Public Schools, and Grace Community Church. Accepting donations now! Free coats and clothes will be available on November 1st for the Howard County Community right here at the Bain Center!

## Bain Holiday Craft Fair Wednesday, November 5 9 am—3 pm “Seniors Helping Seniors”

Get your holiday shopping done early. Great craft works from the Bain Center’s older adult community will be for sale in the Lobby. Limited number of vendor tables available for a \$10 donation (for Bain Members) and \$20 for all others.

Reserve your table early.



## 4.

# Daily Programs

TUESDAY	PROGRAM	ROOM
8:30am -4:15 pm	Billiards / Ping Pong (Drop-In)	Billiard Room / Billiards Area
9 am -Noon	Wood Working	Woodshop
9-4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30-10:30 am	Arthritis Exercise Program	Exercise Room
9:45-11:45 am	Scrabble (Drop-In)	Pantry
10 am –11 am	Brain Fitness (See Page 8 for Dates)	Community Room
10 am -Noon	Pottery (HCC)	Craft Room
10-11:30 am	SeniorsTogether (Low vision group)	Meeting Room
10:45-11:45 am	Silver Belles (tap dancing)	Exercise Room
Noon	Lunch	Great Room 3
Noon-4:15 pm	Duplicate Bridge	Activity Room
1-2:00 pm	Let's Walk & Move (Drop-In Walking Club)	Great Room 2
1-2:00 pm	Zumba (\$1 Donation Accepted)	Great Room 1
1-2:20 pm	Better Health and Wellness (HCC)	Exercise Room

## Fall Line Dance Extravaganza

Friday, November 21

6–9 pm / FREE!

Refreshments & Live D.J.



Put on your dancing shoes and enjoy an evening of line dancing with Jesse Barnes! This evening of moves and grooves, supports Hope Works of

Howard County. In lieu of an admission fee, please bring in a new unwrapped holiday gift for children ages 1-16. **RSVP by Friday, November 14 at 410-313-7213.**

## Flu Clinic

Thursday, November 6

10 am— 12 pm

**The flu is a hazard to your health! Lower your risk.** The Centers for Disease Control recommend that all persons aged six months and older be vaccinated annually.



**NO COST** for individuals with original or traditional Medicare. Those who participate in a Medicare HMO, PPO or other insurance can pay the low vaccine cost. Pneumonia and high dose flu vaccine also available. Please call the center to make your appointment.

*Vaccines administered by nurses from MedStar Visiting Nurse Association.*



# Daily Programs

5.

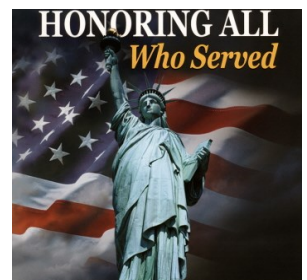
WEDNESDAY	PROGRAM	ROOM
8:30-10:30 am	Woodworkers Guild Meeting	Community Room
8:30 am -4:15 pm	Billiards / Ping Pong (Drop-In)	Billiard Room / Billiards Area
8:30 am -Noon	Wood Working	Woodshop
9 am -4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30-10:50 am	Better Health and Wellness (HCC)	Exercise Room
10:00-11:30 am	The Bain “Buzz” Book Club (3rd Wednesday)	Meeting Room
9:30-11:30 am	Bingo	Activity Room/Pantry
9-11 am	HCC Bain Senior Choir	Great Room 1
10-11:30 am	English as a 2nd Language	Great Room 2
10 am-Noon	Free Computer Tutoring—Call for appointment	Lobby
11 am-Noon	Yoga	Exercise Room
Noon	Lunch	Great Room 3
Noon-4:15 pm	Drop-in Poker	Pantry
12:30-2 pm	Alcoholics Anonymous	Conference Room
1-2 pm	Better Balance —Stroke Exercise	Exercise Room
1-3:30 pm	Painting I (HCC)	Craft Room
1-4:15 pm	Drop-In Chess	Meeting Room
1-4 pm	Drop-in Mahjogg	Activity Room

**La Café with TED**  
**Every Tuesday Starting**  
**November 25 9:30 am—10 am**  
**FREE**



We’ve all been there, stuck like a sitting duck while the CEO drones on, or the politician who meanders through a speech. The alternative is a **TED Talk**, the gold standard for short, yet powerful speeches which covers almost any topic. TED, which stands for Technology, Entertainment and Design, is the future of public speaking. Join us in the computer room for coffee with TED.

**Honoring our Veterans**  
**Veteran’s Day Brunch**  
**Monday, November 10th**  
**10—11:30 am**



Please join us for our Pre-Veteran’s Day Celebration! We plan to honor our veterans and the festivities will begin with a free brunch! All veterans are encouraged to bring one guest. This event will include entertainment provided by the Bain Gospel Choir and a special guest speaker. If you are a veteran please call the front desk to register for your free brunch or sign up in the lobby.

## 6.

# Daily Programs

THURSDAY	PROGRAM	ROOM
8:30 am –8:00 pm	Billiards / Ping Pong (Drop-In)	Billiard Room/ Billiards Area
9-10 am & 6:30 pm	AcuDetox	Computer Room
9 am-Noon	Wood Working	Woodshop
9 am-Noon	Gathering of the Arts (Drop-In)	Craft Room
9:15–10:15 am	Balance “4” All	Exercise Room
9:15 am -12 Noon	Artful Journaling (Recreation & Parks)	Community Room
9:30-11:30 am	Drop-in Pinochle	Pantry
10-11 am	Wii (Recreation and Parks)	Lobby
10-11:30 am	Zoom– In Discussion Group	Meeting Room
10 am -Noon	Blood Pressure (1st & 3rd Thursday)	Computer Room
10:15–11:15 am	Qigong	Great Room 2
10:30-11:30 am	Arthritis Exercise Program	Exercise Room
11 am -12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30-2 pm	Seniors Together Brain Teasers	Meeting Room
1-2:20 pm	Better Health and Wellness (HCC)	Exercise Room
1-4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room / Pantry
1:15-3:45 pm	You Can Draw and Paint (R&P)	Craft Room
2:45-4 pm	Beginners Soul Line Dance	Exercise Room
3-4 pm	Gentle Low Intensity Seated Exercise	Great Room 2
7-9 pm	Alzheimer’s Caregiver Support Group 2nd Thursday	Meeting Room

Join Howard County Office on Aging for a  
Thanksgiving Celebration  
At Ten Oaks Ballroom  
Thursday, November 13  
Doors open at 10:30 am/\$13  
Luncheon & Dance



Special performance by **Retro Rockets**.  
Tickets on Sale at BAIN! Bring a canned good  
to support the MD Food Bank.

**50+ LGBT**  
**Support & Social Group**  
1st Thursday of Every Month at Bain  
November 6 & Dec 4, 2014  
6pm-8:30pm



*Special Movie Showing of “Gen Silent”, Nov. 20 at 6pm*

Social Group meetings for the 50+ Lesbian, Gay, Bisexual, and Transgender community with support, resources, and conversation in a welcoming, safe, and confidential setting. For questions or to confirm attendance please contact group facilitator: Jessica Rowe, LCSW-C at 443-980-2914 or [jessicarowe100@gmail.com](mailto:jessicarowe100@gmail.com).

# Daily Programs

7.

FRIDAY	PROGRAM	ROOM
8:30 am -4:15 pm	Billiards (Drop-in)	Billiard Room
9 am -4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (Appointment Recommended)
8:30 am -Noon	Wood Working	Woodshop
9:30-10:30 am	Chair Yoga	Great Room 2
9:30-10:45 am	Better Health and Wellness (HCC)	Exercise Room
10-11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10-11:30 am	SeniorsTogether Trenders	Conference Room
10 am -Noon	Pottery (HCC)	Craft Room
10 am -Noon	Music Appreciation (S.E.A.) 1st & 3rd	Activity Room
11:30 am -12:30pm	Parkinson Functional Fitness	Exercise Room
Noon	Lunch	Great Room 3
Noon-4:15 pm	Cards and Games	Pantry
12:30-1:30 pm	Gospel Choir 1st, 3rd and 4th Friday	Meeting Room
12:45-3 pm	Drop-in Rummikub and Cards	Activity Room
1-3 pm	Documentary Movies (See schedule below)	Great Room 1
1-2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30-3:30 pm	Council Dance (2nd Friday)	Great Room 1-3

## Thursday Movies

1pm / FREE

November 6 — *Belle*, featuring Penelope Wilton (Afternoon & Evening Showing) 1 pm & 6:30 pm

December 11 — *The Best Offer*, featuring Geoffrey Rush

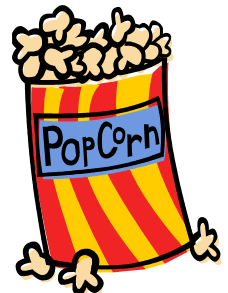
## Documentaries

November 21 — *Food Inc.*, A look at the food industry's detrimental effects on human beings.

## Special Friday Movie Showing

December 19 — *Enough Said*, featuring Julius Louis-Dreyfus and James Gandolfini

*The views expressed in the listed documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging, the Department of Citizen Services, Howard County Government, or their officials and employees.*





## Nutrition Workshops

Monday, November 10

Individual Counseling 9 –10:30 am

Presentation: 10:30–11:30 am

Dining out, Holidays and Special Occasions

Thursday, December 11

Individual Nutrition Counseling 9–10:30 am

Presentation: 10:30–11:30 am

Fruits and Vegetables : Eating More During the Winter Months

Counseling sessions are by appointment only.

Nutritionist, Rona Martiyan, MS, RD, LDN

Sign-up at the front desk or call 410-313-7213.

## Gentle Low Intensity Yoga

Thursdays, October 2 – December 18

3–4 pm Cost: \$59

New low impact, seated yoga class.

## Chair Yoga

Fridays, 9:30 –10:30 am

October 3 – December 19/ \$53

Join instructor **Karen Pedra** and learn the art of relaxation from a chair. Yoga is a wonderful mind and body exercise.

## Brain Fitness-Neurobics

Tuesday, November 18

10 –11 am/ FREE

Build your brain capacity and have fun in the process. Instructor Robin Zahor, RN, BSN teaches how to keep the mind sharp using techniques to improve cognitive performance.

## Qigong

Thursdays, 10:15–11:15 am

October 2 – December 18/ \$53

The art of Qigong is the science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy.

## Yoga

Mondays, 2:30–3:30 pm

October 6–December 22 \$64

Wednesdays, 11 am – 12 noon

October 1 – December 17 \$64

Join Certified Yoga instructor, **Mary Garrett**, to learn the techniques that promote good health and strength.

## Drop-in Zumba



Tuesdays, 1 – 2 pm & Thursdays 11 am– 12 pm/ \$1 Donation  
Dance to a Fitter You!



## Yoga for Parkinson's

Thursdays, Nov. 6 –Dec. 18

7–8pm

Class for Parkinson's patients and their care partners encourages correct alignment of the body. Register by calling center. Sponsored by Yoga for Parkinson's, Inc., a non-profit organization that depends on donations. Suggested donation \$5 per class appreciated.

## Beginner Soul Line Dance Class

Thursdays, 2:45 – 4 pm

November 6 – 20/ \$18

December 4 – 18/ \$18

Join **Jesse Barnes**, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.



## Better Balance Mondays & Wednesdays 1-2 pm

This class has been proven to be effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Research was conducted by the University of Maryland Baltimore County and the Department of Veterans Affairs. Class includes walking, balance bar, and seated exercise. A pre-screen is required before enrolling. For information, contact Jennifer Lee at 410-313-5940 .

## Get Fit for Fall Toss Across Tournament Tuesday, Nov. 18 9:30 – 11:30 am FREE



Check out the latest backyard and tailgating craze being played from coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere, even the Bain Lobby. Join the fun and stay fit! R.S.V.P.

## Blood Pressure Screenings Now in the Lobby Area 1st & 3rd Thursday of the Month 10 am–12 noon/ FREE

Blood pressure has been termed the “silent killer.” It is important to know your numbers! Albertha Workman, RN will gladly help you to maintain your overall good health.

## Let's Walk & Move Do your 16 = 1/2 mile Tuesdays, 1 – 2 pm

Be pro-active with your health by walking. Walking 16 times around the Great Room at your own pace equals a 1/2 mile. How many miles can you do while listening to the oldies but goodies tunes.

## Ask The Pharmacist Monday, November 24 9–10 am/FREE

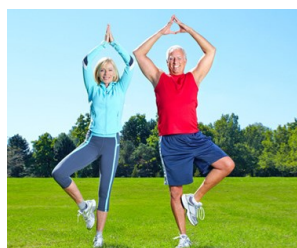
Get answers to your pharmacy questions. With Fall allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician. Pharmacist **Don Hamilton** will be available for your one to one session. Sign up in the lobby.

## Acupuncture at the Bain Center Thursdays AcuDetox -10 am & 6:30 pm \$20 Group Setting

## Acupuncture -11–12 pm & 7:30–8:30 pm \$55 One on One Session

TWO group sessions are now available to experience easy Reclining Group Acupuncture (AcuDetox) in the mornings at 9 am or evenings at 6:30 pm. Using a few simple points on the outer ear, this standard 30 minute protocol helps to de-stress and re-balance the body system. People often report better sleep, reduced general pain, and more focus following a session.

NEW – Individualized full-body acupuncture sessions designed to address your personal needs. These 60 minute sessions are planned around your specific concerns. Schedule your appointment directly with Sarah the acupuncturists during the hours listed or by calling 443-745-2210.



## BALANCE “4” ALL Thursdays October 2–December 18 9:15 – 10:15 am Cost \$53

Learn balance, strength, posture and flexibility! This new and exciting class will be just what you need. Registration required.

# 10. November / December Programs

## The Job Support Group (JSG)

October 16, November 20, & December 17

Thursdays, 5 PM - 7 PM

This group encourages individuals to set work goals and provides strategies, support, and ideas on how to reach objectives. Resume and/ or letter of interest must be provided by all participants. Contact Ginny Matthias, MAP Specialist at 410.313.7288.

## Foreign Film, Lunch and Discussion

### *The Hunt*

Wednesday, November 19

11:30 am/ \$10 pp.



Join us for lunch and a learning experience. Films selected will consist of documentaries, classics and dramas. Enjoy a catered lunch followed by a facilitated group discussion. Register by Nov. 12th.

## Off Your Marbles Brain Training

Tuesday, November 4 & December 2

10:30—11:30 am Free



According to AARP, one of the best ways to stay sharp is to exercise that muscle between your ears known as the brain. Discussions

with some of the top scientists studying the brain reveal that you can work your noggin in many different ways every day. Meet us in the lobby and exercise your brain with great activities and games provided by Marbles—The Brain Store.

## Bain Travel Chatter Club Returns

*Travel to a New Corner of the World-Eastern Europe.*

4 Week Series

Starting Monday, November 10 — December 1

1 — 2pm /FREE

Where have you been this year? Join the Travel Chatter Club and share your experiences, pictures, magazines, websites and apps.

## jGROUP— A program of the Jewish Federation of Howard County

Tuesdays, 10:30 am —12 noon

**November 4 —Linda Baer, Jewish Woman of Song** Linda Baer has performed in concerts throughout the Mid-Atlantic region for more than 30 years. Credits include the Baltimore Jewish Festival, the Baltimore Folk Festival, and a host of others. Must R.S.V.P.

## December 9—Hanukkah Party

This event is FREE, and requires a reservation, by calling the Bain Center 410-313-7213, or email Sophie at [snovinsky@jewishhowardcounty.org](mailto:snovinsky@jewishhowardcounty.org). Special Hanukkah Luncheon will follow program. Lunch donation requested.

## Share Your Apps!

Wednesday, Nov. 12

10:30 —11:30 am/FREE



Do you have a Smart Phone, iPad, or Tablet? Maybe you are thinking about purchasing one. Apps make the iPhones and Androids the powerful little devices that they are. Come to this new and exciting class to learn how to add apps to your device, learn what an app is, and share the ones you love! R.S.V.P.

The **Howard County Paws4Comfort** program fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to schedule a free evaluation for your pet, contact Ingrid Gleysteen, at 410-313-7461 or [igleysteen@howardcountymd.gov](mailto:igleysteen@howardcountymd.gov).

Evaluations are held the **FIRST WEDNESDAY** of every month at 7 PM at the Bain Center.

Don't miss these dates for the remainder of 2014:

September 3  
October 1  
November 5  
December 3



The Bain Center  
5470 Ruth Keeton Way  
Columbia, MD 21044

410.313.7461 (VOICE/RELAY)

[www.howardcountyyaging.org](http://www.howardcountyyaging.org)



# 11. November / December Programs

## Bain Center Council Dance

1:30—3:30 pm Cost: \$6

November 14: ByHeart

December 12: Baltimore County  
Senior Swing Band

Enjoy an afternoon of live Big Band  
Music! Refreshments served.

## The Bain "Buzz" Book Club



November 19 — *The Dinner* by Herman Koch  
10-11:30 am / FREE

December 17 — *Girl in Transition* by Jean Kwok  
10-11:30 am / FREE

## HCC Bain Senior Choir Holiday Recital

Wednesday, December 10

10:30 am / Free

Join the chorus as they sing holiday tunes that  
will be music to your ears. Please call to  
reserve your seat at 410-313-7213. Holiday  
Refreshments at 10 am.

"Howard County Government does not  
endorse or recommend the  
products or services associated  
with programs held at Howard  
County Senior and 50+ Centers.  
Howard County Government is not  
responsible for the performance or  
non-performance of program sponsors."



## KASA Annual Holiday Party

Monday, December 15

11 am— 4 pm / Free

Join the Korean American Senior Association as they  
celebrate this joyous season at The Bain Center. Open  
to all, reservations required. (Lunch Donation)



## Bain Center Christmas Party

Featuring: The Gospel Choir

Thursday, December 18

11 am / Free

Delight in traditional Holiday Gospel Music with the  
Bain Center's Gospel Choir. Enjoy this festive season  
with friends, food and fun. Please sign up in the lunch  
room if you plan to stay for the special lunch. (Lunch  
Donation) Must sign-up by December 11th.

## Maryland Access Point (MAP)

Part of the Howard County Office on Aging, MAP is an  
information and assistance gateway for older adults,  
people with disabilities, family members, caregivers,  
and professionals. MAP can assist with information  
on respite and home care, long-term care, in-home  
evaluation, aging in place, and home modifications,  
retirement, and planning for the future, Medicare and  
health insurance, chronic disease management,  
housing, transportation, income management, and  
legal services. Appointments are conducted at the  
Columbia Gateway office, senior centers or in your  
home, weekdays 8 a.m.-5 p.m. Contact MAP at  
410-313-5980 or [www.howardcountyaging.org](http://www.howardcountyaging.org)

## Ping Pong

Available

Daily

Monday –Friday

8:30 am —4:30 pm





## Healthy Harvest Foods

Autumn makes us think of the beautiful leaf colors of orange, yellow and red. When you are searching for new food ideas, think of these same colors! It's this time of year when you see pumpkins, squash, and a variety of apples. Many of these colorful foods are also packed with a great nutritional punch. And if you haven't had them before, it's the perfect time to give them a try!



### Winter squash and pumpkins

Winter squash and pumpkin come in a wide variety of colors and sizes. Pumpkin is a hot trend right now and easily found in lots of foods! Why are we seeing squash and pumpkin so much? They are easy to use in both sweet and savory recipes and they are good sources of complex carbohydrates, vitamins, and minerals. Pumpkins are especially good sources of antioxidants, vitamin A, vitamin C, riboflavin, and iron. Cooking pumpkins (also known as sugar pumpkins or pie pumpkins) are delicious in pies, cookies, custards, and soups.

Their seeds are easily toasted for a crunchy high-fiber snack too. You can eat them by the handful or add them to fruit and vegetable salads. Pumpkin and squash seeds are also full of vitamins and minerals.

### Bright orange and yellow squash

Bright orange and yellow squash contain significant amounts of carotenes, as well as antioxidants. Butternut squash is good sliced, stewed, boiled, or baked in a pie. It is a particularly good source of calcium, magnesium, and carotenes.

Spaghetti squash makes a wonderful casserole or side dish. Try it with tomato sauce in place of traditional spaghetti.

### Apples

Apples come in countless varieties, each with its own color, flavor, and texture. While some types of apples such as Golden or Red Delicious are best for eating fresh and crisp, other varieties such as Jonathan apples are best for cooking in pies, cakes, crisps, and chutneys. Look for sauce, butter, pickle, and relish recipes that include apples. Apples are powerhouses of flavonoids, as well as a great source of cholesterol-lowering phytosterols. Apples are also a good source of vitamin C and several types of antioxidants. In addition, apples with skins are one of the best known sources of pectin—a type of soluble fiber shown to help reduce cholesterol.

Don't forget about the Farmers' Market for these foods! Many markets are open through the fall and have lots of just-picked fresh foods for you to choose from.

by Rona Martiyan, MS, RD, LDN

## Medicare 101: Using Medicare's Plan Finder Wednesday, November 5 / 7— 8:30 pm

Did you recently enroll in Medicare or will be doing so soon? Do you help someone who has Medicare as his or her health insurance? This presentation covers how Medicare Parts A (Hospital), B (Medical), and D (Prescription Drug) work, what the benefits are, and when you should make decisions related to your coverage. Find out about benefit programs that can help pay for Medicare health care costs.

Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging.

Register by calling **410-313-7391**.

## Medicare 102: Why Medicare isn't Enough Wednesday, November 19 / 7 — 8:30 pm

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans). What should you consider when deciding if a Medicare Health Plan, such as an HMO, PPO, or Cost Plan, is the right choice for you? Understand how the different Medigap plans cover the gaps (out of pocket expenses) of Original Medicare, how they are priced, and when is the best time to enroll. Hear about how to protect yourself and Medicare from health care fraud. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging. Register by calling **410-313-7391**



## Toss Across

Fridays (except the last Friday of the month)

10:30 — 11:30 am/FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!). Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

## Trivia Time

Last Friday of the Month

9:30 —10:30 am/FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for the trivia trophy and bragging rights.

## BUNCO!

Last Friday of the Month

10:30 —11:30 am/FREE

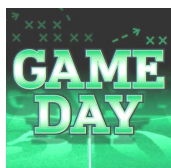
This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, so new players are always welcome!

## RED HATTERS (9am—12 noon)

11/17 — Meeting at Bain

12/15 — Holiday Party Off-site

Please see or call Ginny Russ at 410-313-7279, for trips and Red Hatters information.



LET THE GAMES BEGIN!

Tuesday, November 25

10 —11 am/ FREE

**Recreation & Parks' Game Day!** Game stations will be placed throughout the center, so be sure to sign up.

## Recreation & Parks

Bus trips departing from the Bain Center

11/4/14	Pet the Alpacas, Union Bridge, lunch included, \$69
11/12/14	Victorian Tea Parlor, Spring Grove, PA, w/lunch, \$79
11/16/14	Little Mermaid, play at Olney Theatre, \$83
11/19/14	Washington, DC, lunch on your own, \$45
11/20/14	PA Opry at Star Theatre, lunch included, \$99
12/6/14	Elvis at Hunt Valley Inn, lunch on your own, \$79
12/8/14	Café Hon and lights, dinner included, \$73
12/10/14	BSO Holiday Pops, \$79
12/11/14	DC Botanic Gardens & Peace Pageant, bring meal, \$45
12/17/14	Odyssey Holiday Cruise, lunch included, \$99
12/21/14	Music in the Mansion, lunch included, \$109

Call Ginny Russ at 410-313-7279 for additional information.

## Alzheimer's Caregiver Support Group

Thursday, November 13 and December 11

7-9 p.m. / Free

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education about dementia-related issues and developing the skills to solve problems. For more information, contact Danilsa Marciniak at 410.736.2217

For more information or to register contact Karen Hull, 410-313-7466/khull@howardcountymd.gov  
or Elaine Widom, 410-313-7353/ewidom@howardcountymd.gov.

## Enjoying the Creative Arts Discussion Group

A unique program that takes a closer look at the creative arts through local art professors, national museum docents, live performances and engaging pre-and post -event discussions. Group meets Fridays, 1:00 - 2:30pm at the Bain Center through December 19. Pre-registration required, space is limited.

**November:** *Stephanie Frasher,  
National Gallery of Art*

**December:** *Matinee performance of  
"It's a Wonderful Life"*

*Please contact Elaine (see above)  
for more details.*

## UPCOMING Events

### LUNCHEON: TURF VALLEY RESORT

Thursday, December 4, 2014

11:30am - 1:30pm

Share the joys of the season with **SeniorsTogether!** Three delicious entrée choices, the yummiest of holiday desserts, seasonal music and more! Contact Elaine Widom for more information. **Registration Deadline: Friday, November 21, (firm).**

## DECORATOR GROUP

Periodically the Decorators get together to make crafts and decorations for **SeniorsTogether** events, community donations and senior center activities. Craft projects may include painting, glue gun use, floral materials, etc. Typically some instruction is provided and all levels are welcome.

Call us if you'd like to join in on our next project. Meet new friends and have fun!

## APPRECIATION GIFTS

### RECENT GIFTS

*In Memory of Theresa Plant  
By Dorothy Jeffrey*

*In Memory Of Mildred Boyer  
By Karen Hull*

*In Appreciation of  
SeniorsTogether  
By Altagracia Sanchez*

A **SeniorsTogether** appreciation gift is a meaningful way to express condolences, admiration or goodwill. Contributions directly support program activities. All donors receive a letter of acknowledgement and an attractive certificate is sent to the honoree or designee.

Please include the name of the honoree and indicate if in memoriam, who and where to send the acknowledgement, and whether to include the gift as an announcement in this newsletter. Please make checks payable to Director of Finance, Howard County. Mail to: **Seniors Together**, c/o The Bain Center, 5470 Ruth Keeton Way, Columbia, MD 21044. Thank you.

Wishing everyone a healthy, happy, Holiday Season and New Year!

# November '14 Menu

15.

Monday November 3	Tuesday November 4	Wednesday November 5 <b>Super Meal</b>	Thursday November 6	Friday November 7
Pickled Beets BBQ Pork Ribette Diced Potatoes Kale Wheat Bread Fresh Fruit	Turkey/Gravy Cranberry Salsa Mashed Potatoes Winter Blend Wheat Bread Apricots	Old Fashion Pot Roast w/Gravy Potatoes, Carrots Cornbread Hot Spiced Apples Milk/ Juice	Seafood Salad Gingered Cucumbers Tomato Soup Sliced Pears Wheat Bread	Honey Mustard Chicken Lima Beans Carrots Tossed Salad Wh. Wheat Bread Fresh Fruit
Monday November 10 <b>Super Deli</b>	Tuesday November 11	Wednesday November 12	Thursday November 13 <b>Boxed Lunch</b>	Friday November 14
Chef Salad Turkey/Ham/Cheese Pasta Salad Dinner Roll Fruit Cocktail Homestyle Chicken Soup Orange Juice Milk	<b>CLOSED</b>	Tuna Salad Tuscan Bean Soup LTO California Blend Fresh Fruit Milk	Orange Juice Grilled Chicken Breast Marinated Greens Potato Roll Fruit Cocktail Milk	Roast Beef Marinated Cucs. & Onions Mashed Potatoes Scandinavian Veg Sliced Pears Wheat Bread
Monday November 17	Tuesday November 18	Wednesday November 19	Thursday November 20	Friday November 21
Minestrone Soup Southwest Chicken Diced Potatoes Carrot Raisin Salad Wheat Bread Fresh Fruit	Menu to be Determined	Fresh Tomato Soup Knockwurst Baked Beans Coleslaw Hot Dog Bun Fruit Cocktail	<b>NO LUNCH Center Opens at 1 pm.</b>	Tossed Salad Pork Chop/Gravy Mashed Potatoes Italian Vegetables White Bread Fresh Fruit
Monday November 24 <b>Korean Meal</b>	Tuesday November 25 <b>Deli</b>	Wednesday November 26	Thursday November 27	Friday November 28
Seaweed Soup Spicy Chicken Kimchi Seasonal Vegetables Rice w/Barley & Beans Fruit	Tuna Marinated Cucs./Tomatoes Kaiser Roll Sliced Peaches Pineapple Juice Milk	Cranberry Salsa Stuffed Chicken Breast Mashed Potatoes Carrots Dinner Roll Fresh Fruit	<b>CLOSED</b>	<b>CLOSED</b>

## Howard County Office on Aging Inclement Weather Policy

Howard County Schools Closed,  
the Bain Center will be Closed.

Howard County Schools **2 Hour Delay**, the Bain Center will open at 10 am, no Lunch will be served and no para-transit transportation.

Howard County Schools **1 Hour Delay**, The Bain Center will open as usual at 8:30am.

## 2015 REGISTRATION SEASON

The Office on Aging request that all center members ensure that we have the correct information in our database. If any of your contact information has changed in the last year, including emergency contacts, please inform the Front Desk. This data is used in an aggregate form to demonstrate to the State and Federal Government (funders of many services and programs) the number of people served. Demographic information provides funding agencies information about who we are serving. Accurate data helps us to maintain or increase programs.



**Tuesday, November 11**

*Veteran's Day*

**Thursday, November 20**

*Staff Meeting– Center opens at 1pm*

**Thursday, November 27-28**

*Thanksgiving Holiday*

**Friday, Dec. 25— Friday, Jan. 2**

*Winter Holiday*

## ***Navigating the Center***

### **LUNCH PROGRAM**

To join us for lunch, please sign up **in advance** in the Lunch Room (Great Room 3). Please call **410-313-7390** to cancel your lunch reservation if you are not coming. Our lunch number reflects the number of reservations placed, and the Center is charged for the number ordered. **The full cost of a regular meal is \$4.10 and \$5.39 for special meals.** Please contribute generously to ensure the continued viability of this program. Lunch is served Monday through Friday at 12 noon by donation for those 60+. Enjoy!

### **SIGN-UP and PAYMENT FOR CLASSES**

The Front Desk is open for transactions between 8:30 am and 4 pm. Payments may be cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

### **TRANSPORTATION**

Transportation is available to the Senior Center for older adults through RTA Mobility, riders must be certified. For certification, reservations and cancellations please call the Customer Service Line at **1-800-270-9553**. You may also visit their website at [www.transitrt.com](http://www.transitrt.com). Transportation to the Bain Center is also available through Neighbor Ride. For additional information call Neighbor Ride at 410-884-7433.

A PRESENTATION OF THE  
HOWARD COUNTY DEPARTMENT  
OF CITIZEN SERVICES  
OFFICE ON AGING



**THE CAREGIVING JOURNEY**  
*Making Your Way*

**REGISTER TODAY!**  
Don't Miss the 3rd Annual Caregiver Conference

**Saturday, November 22, 2014**  
8:00 AM - 3:00 PM

**North Laurel Community Center**  
9411 Whiskey Bottom Road, Laurel, MD 20723  
Continental breakfast & lunch provided. On-site respite provided.

**Reservation deadline for lunch and respite is Wednesday, November 12.**

FOR ADDITIONAL INFORMATION:  
Contact Maryland Access Point (MAP) at 410-313-5980 (VOICE/RELAY) or email [map@howardcountymd.gov](mailto:map@howardcountymd.gov)

If you need this document in an alternative format or need accommodations to attend this event, please call 410-313-5980.



Department of  
**CITIZEN SERVICES**  
Aging • Children's Services • Consumer Affairs  
[www.howardcountyaging.org/map](http://www.howardcountyaging.org/map)